

Table 1 Occupational Therapy CHOICE BOARD 7

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Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
Reading	- Write your sight words on an index card. Look at the word for 5 seconds. Turn the card over and write the word from memory.	- Take an old magazine or newspaper and draw a square around the word "the" every time you see the word in an article.	-Have a gentle pillow fight before reading. -Roll yourself up in a blanket or comforter to provide deep input. -Shake out a weighted blanket if you have one.	- Use a recording app on a mobile device and record yourself reading a story.
Writing	- Rainbow Writing: use a variety of colors to practice letter formation or when spelling words...first red, then orange, yellow, green, and blue for each letter or alternating letters.	- Write a funny word at the top of a piece of paper. Try to write a word down for each letter in your funny word.	-Lie on your back under a table while coloring or writing. *If it's too hard, tape the paper to the underside of the table.	- Type a silly sentence. Change the words to Bold print.

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Math	<ul style="list-style-type: none"> - Draw simple shapes on paper. Use stickers to trace along the number and cover it. 	<ul style="list-style-type: none"> - Use graph paper to write out your math problem in the boxes. 	<ul style="list-style-type: none"> -Roll playdoh or clay into several balls. -Take subtraction cards or make your own and place the cards in one pile with the playdoh balls next to them. -Flip over a card and read the question then set out the correct number of play dough balls needed to start with then “smash” the number of balls you need to take away. -Count the unsmashed balls for the answer. 	<ul style="list-style-type: none"> - Use a ruler to draw straight lines going in different directions.
Science & Social Stories	<ul style="list-style-type: none"> - Trace an outline of the student's hand. Cut hand print out. Write one fact about yourself on each hand. Punch a hole in the bottom of each hand and tie the hands together for your All About Me Book. 	<ul style="list-style-type: none"> - Complete dot-to-dot drawings. 	<ul style="list-style-type: none"> - Walk in a large figure 8 five to ten times. The figure 8 should cover most of the floor in a room. As you are walking, explain a cycle that you have learned about in science (water cycle, life cycle of a butterfly, etc.), or lists of items you have learned about in social studies (symbols of America, states for each area of the United States, etc.). *Maintain eye contact with someone while you explain the concept. 	<ul style="list-style-type: none"> - Use the phone to call family or friends.

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Chores	- Vacuum, sweep with a broom, or mop the floor.	- Change your pillowcase.	-Sweep the floors swaying back and forth and pressing hard through the broom; use a dustpan to collect, pressing down firmly. -Clean glass windows and doors throughout the house while in high-kneel position, exaggerating up and down movements -Make all the beds in the house while kneeling and scooting around the bed to tuck in sheets and lift the mattresses.	- Use a stapler to staple papers together.

*All of these activities might not apply to your child, choose the ones that you like. If you feel that none of the activities are appropriate for your child, please contact your Occupational Therapist.